

The January meeting for AYHSC was held on January 14th, 2016 from 5:30-7:00pm at the Whittemore Robbins House.

In Attendance:

Adults: Ivy Laplante, Mike Leach, Karen Dillon, Colleen Leger, Mary Decourcey, Pat Egan, Cindy Bouvier, Stephen Porciello, Officer Jennifer McGurl, Paul Franzosa, Rebecca Wolfe, Dave Nagle, Vicki Goode, Carlene Newell, Kathy Hirsch

Students: Cooper Schoenthaler, Olivia Graceffa, Olivia Sorenson, Julie Powers & Catie Blair

I. Welcome

Introductions - Student Advisors and community members all introduced themselves and their respective roles in our community.

II. Old Business

Meeting minutes from December 2015: Carlene Newell moved to approve, Cooper Schoenthaler seconded and all approved the December meeting minutes.

YRBS Jan 27th at AHS: Looking for volunteers to help at AHS in office and hallways (10-11:30 am). Questions on the survey were revised and edited since 2014.

BSAS Key Stakeholder Interviews: We appreciate Coalition members who interviewed Students and Community members for our SAPC grant. We will be collecting additional interview data until the end of January.

A. Student Coalition Updates

Project Purple Game at AHS: Scheduled for Tuesday, January 26th. Olivia Sorenson is spearheading this initiative and all plans are in place. Karen will work with Olivia to support her efforts. AYHSC will have an information table at the event.

Digital Resource Guide for Mental Health Awareness Week: Student advisors have created the video and Sana edited it. The video was shown to students during advisory last month.

Leadership Conference in Lexington in December: Karen and 8 students attended and made some really great connections with students and adults from neighboring communities. The mindfulness exercises were really helpful as were other group exercises

B. Current Project Updates

III. Capacity Building Exercise

A. Sector Representative Assessment

Coalition members broke into groups of five. Large white sheets of paper with the name of community sectors were placed around the room. Groups rotated around the room and graded the sectors on a scale of one to five based on their presence and interaction with the Coalition. After the grading the coalition members returned to their seats and discussed the results for the assessment. One member stated "it's hard to generalize. What does it mean to be engaged?"

Business Community:

How can we partner with local businesses?

Question raised about Chamber of commerce and Rotary Club. Colleen L. will be presenting at the rotary club and let us know possible ways to become involved.

Students and Youth Organizations:

A student suggested spending 10 minutes a day thinking about Coalition initiatives to promote active consideration of our goals.

Parent Teacher Organizations: are also a great way to connect especially considering that parents of middle school kids are our most relevant demographic. Is there a parent we can reach out to and involve in our work?

Karen will email AB&GC and keep connected to them.

Faith Based organizations: We need to expand our reach in these communities.

Media Community: Use the media (including social media) to promote healthy social norms.

Athletic Communities: absence of standard procedure for handling substance use and abuse. Evaluate risks and legalities. Talk to coaches. Work with athletic leaders to promote healthy lifestyles.

B. Community Update- "What's Happening in Arlington?"

Meeting Adjournment 7:00 pm

Next Coalition Meeting - Feb. 11, 2016 at 5:30pm at the Whittemore Robbins House